

NOVEMBER, 2021

ASHBURN TIMES

What's New?



Giving Thanks

November is all about giving thanks! On Veterans Day, we say thank you to the brave men and women who have served and continue to serve our country, and on Thanksgiving Day, we celebrate the harvest and blessings in our lives. At the Ashburn Senior Center, one way we show our gratitude is by giving back to our community. The ladies of the Knitting and Crocheting Club spend many hours creating hats, scarves, sweaters, blankets and baby sets to donate to various charitable organizations including Good Shepard, Birthright and others.

This month we recognize our veterans with a visit and presentation of the Flag ceremony from the Loudoun County-CFR Honor Guard and crews from Station 24/35. Firefighters will stay for lunch and have the fire engines and ambulances on display afterward. Please plan to attend to honor our veterans and give thanks. Our Thanksgiving Day luncheon will be Thursday, November 18th.



Fall Festival

The first annual Ashburn Senior Center Fall Festival was a success! We kicked off the event with a Community Partners Day where we invited county and local businesses to share information with our members.

Panera, Dental Innovations of VA, Loudoun County Public Library, United Healthcare and Waltonwood Retirement Living were just a few of the those represented. Next up was our Pink Tea Party for Breast Cancer Awareness.

Registered nurse, Dana Rizzo, answered questions while members created card hearts with messages for friends and loved ones with breast cancer. We finished off the week with our Sidewalk Sale. Attendees enjoyed freshly baked cinnamon buns and other goodies while perusing items for sale. Proceeds benefit programming at the senior center.



Chinese Folk Dance

It all started when Ms. Anni asked if she could use the dance studio to do her exercise routine for herself. She practiced Chinese folk dancing which she learned taking a college course after she retired. Others were curious to learn what she was doing and so was born the Chinese Folk Dancing class at the Ashburn Senior Center. The class is currently preparing to perform for our members in December.





Bringing Home the Silver

Congratulations to Tony Broskey! Tony competed at the Northern Virginia Senior Olympics in the Men's Pickleball Singles event ages 65-69 and won a silver medal. This was Tony's first time participating in the men's singles. He has competed in doubles and mixed doubles events in the past. This win qualifies Tony to play in the National Senior Games next May in Ft. Lauderdale, Florida.

There are all kinds of competitions at the Senior Olympics including bowling, cornhole, pool, golf, you name it. And you compete with others in your age group.



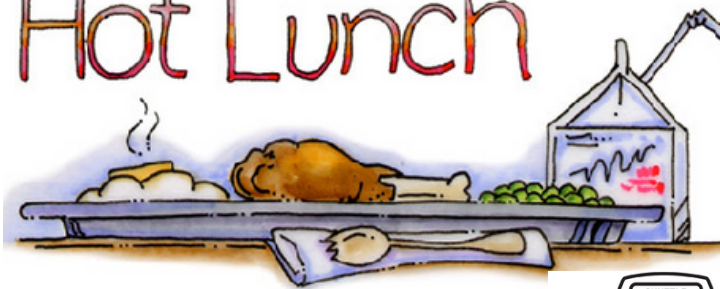
Hispanic Heritage Month

As part of Hispanic Heritage Month, the Conversational Spanish group at the Ashburn Senior Center participated in a Trivia Challenge on Mexican painter, Frida Kahlo. The class decided they wanted to learn more so they watched the movie 'Frida'.

Finally, the group was inspired to paint self portraits in the spirit of Frida. Our Assistant Manager, Aris Porras, led the class through the process of painting self portraits and the end result was truly colorful!



Hot Lunch



For Home-Delivered Meals

*Must be eligible to receive
Home Delivered Meals

for more information, call **Debra Mobley**
at **703-771-5012**



Ashburn Senior Center Lunch & Transportation Service

Please call or sign-up at the front desk 24
hours in advance for lunch and bus
reservations. **571.367.8340**

Under 60 years old must pay \$4.00 for their lunch.
Persons 60 years and older, we
encourage you to make a donation in the lunchbox
on the counter.

ASHBURN SENIOR CENTER

Newsletter

November *Activities*

ROOM KEY

- Lobby-LOB
- Conference Room-CONF
- Dance Studio- DAN
- Wellness Room-WELL
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART115
- Art Classroom 116- ART116
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

Saturday Schedule

Hours: 8 AM- 12 PM

NO transportation or lunch is available.

8-11:30 AM

Games
(CLUB)



8-10:30 AM
Open Billiards
(GAM)



November 6th (1st Saturday)

8:30-11:30 AM

COVID-19 Booster Shots
(WELL)

10:30-11:30 AM

Billiards Club
(GAM)

November 13th (2nd Saturday)

10:30 AM

Ashburn Classics Meeting
(Multi1)

8-10 AM

Beginner Pickleball Open Court
(Multi1&2)

8-11:30 AM

Intermediate & Advanced Pickleball Open Court
(Multi3)

8-11:30 AM

Fitness & Computer Rooms Open



Schedule

Monday

12-4:30 PM

Intermediate & Advanced Open Court
(Multi3)

Tuesday

2-4:30 PM

Beginner Open Court
(Multi3)

Wednesday

9-12 PM

Beginner Open Court
(Multi3)

12-4:30 PM

Intermediate & Advanced Open Court
(Multi3)

Thursday

9-1 PM

Intermediate & Advanced Open Court
(Multi3)

1-2 PM

Pickleball
Instruction
(Multi3)



2-4:30 PM

Beginner Open Court
(Multi3)

Friday

9-11 AM

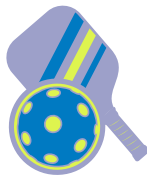
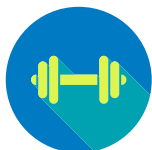
Beginner Open Court
(Multi3)

11-4:30 PM

Intermediate & Advanced Open Court
(Multi3)

2-4:30 PM

Intermediate & Advanced Open Court
(Multi1&2)



November Activities

MONDAY

11/1

9-11 AM
Ping Pong
(Multi2)

10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)

10-12 PM
Knitting & Crocheting
Club (ART115)

10:30-11:30 AM
Yoga
(Multi3)

12 PM LUNCH
(Multi1&2)

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

12:30-1:45 PM
BINGO!
\$.50/card
(ART115)

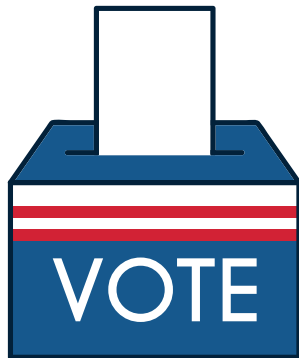
1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)
Limit 30
First come, first serve

TUESDAY

11/2

**The
Ashburn
Senior
Center is
Closed
for
Election
Day**



**It's your
Super
Power!**

WEDNESDAY

11/3

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Tech Time **CANCELLED**
(COMP)

10-11:30 AM
Canasta & Mexican Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

1 PM
Sit & Fit
Video based seated
exercise
(DAN)

1-2 PM
Beginner Painting Basics
You don't have to have an
art degree to have fun
with painting!
Sign up at front desk
(ART116)

1:30-4:30 PM
Poker
(ART115)

2-3:30 PM
Life-Long Learning:
TED Talks
(Multi1)

THURSDAY

11/4

9 AM
Walking Club
(LOB)

10 AM
Conversational
Spanish
(ART116)

10 AM
Shopping Spree:
Target
Sign up at front desk
\$1 Bus Fare (LOB)

10 AM
Beginner & Intermediate
Mandarin
Sign up at front desk
(ART115)

11 AM
Chinese Folk Dance
Guided exercise w/limited
verbal instruction (DAN)

11 AM
Gardening Club
(ART115)

11:30-12:30 PM
Browsing Library
(LOB)

12 PM LUNCH
(Multi1&2)

1 PM
REFIT
Fee based class
Registration Required
Combo of strength,
core, balance, boxing
& cardio (DAN)

1-2 PM
Pickleball Instruction
(MULTI3)

1:30-4:30 PM
Party Bridge
(Multi2)

FRIDAY

11/5

10 AM
Current Events
Discussion
Bring an article to share
(ART116)

10-11 AM
Beginner Chess
(CLUB)

10 AM
Creative Corner
(ART115)

10 AM
Intermediate Line
Dance
(DAN)

10:30 AM
Lunch Bunch: Red
Lobster
Sign up at front desk
\$1 Bus Fare
(LOB)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
Video based exercise
(DAN)

1:30-4:30 PM
O'Heck
(ART115)

2PM
Creative Corner
(ART115)

November *Activities*

MONDAY

11/8

9-11 AM
Ping Pong
(Multi2)

10-11 AM
BINGO!
\$.50/card
(Multi1)

10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)

10-12 PM
Knitting & Crocheting
Club (ART115)

10:30-11:30 AM
Yoga
(Multi3)

12 PM LUNCH
(Multi1&2)

12:30-1:30 PM
Lunch & Learn:
Whom My Soul Loveth
(Multi1&2)

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
(Multi1&2)
Limit 30
First come, first serve

TUESDAY

11/9

10 AM
Strength, Core &
Balance
Video based exercise
(DAN)

10-12 PM
Intro to Sewing
(ART115)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART116)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

1:30-4:30 PM
Mahjong
(Multi2)

WEDNESDAY

11/10

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Tech Time: Drop-in
Consulting
(COMP)

10-11:30 AM
Canasta & Mexican Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

11 AM
Tai Chi
(DAN)

12 PM LUNCH
(Multi1&2)

11:30-1:30 PM
VETERANS DAY
CELEBRATION
(Multi1&2)

1 PM
Sit & Fit
Video based seated
exercise
(DAN)

1-2 PM
Beginner Painting Basics
You don't have to have an art
degree to have fun with
painting!
Sign up at front desk
(ART116)

1:30-4:30 PM
Poker
(ART115)

2-3:30 PM
Life-Long Learning:
Arctic (Mis)Adventures
(Multi1)

THURSDAY

11/11

**The
Ashburn
Senior
Center
is
Closed
for**

**VETERANS
DAY**

**We Say
Thank
You on**



VETERANS DAY

FRIDAY

11/12

10 AM
Current Events
Discussion
Bring an article to share
(ART116)

10 AM
Beginner Chess
(CLUB)

10-12 PM
Diwali
'Festival of Lights'
Celebration
(MULTI1&2)

10 AM
Intermediate Line
Dance
(DAN)

12 PM LUNCH
(Multi1&2)

1 PM
Music in Motion
Video based exercise
(DAN)

1:30-4:30 PM
O'Heck
(ART115)



November *Activities*

MONDAY

11/15

9-12 PM

**Sign-Up with Lori Stahl,
Elder Resource Manager
(WELL)**

9-11 AM
Ping Pong
(Multi2)

**10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)**

10-12 PM
Knitting & Crocheting
Club (ART115)

10:30-11:30 AM
Yoga
(Multi3)

**12 PM LUNCH
(Multi1&2)**

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

12:30-1:45 PM
BINGO!
\$.50/card
(ART115)

1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
Limit 30
First come, first serve
(Multi1&2)

TUESDAY

11/16

10 AM
Strength, Core &
Balance
Video based exercise
(DAN)

10-12 PM
Intro to Sewing
(ART115)

**10 AM
Feed Your Soul Cafe:
Pumpkin Tarts
Limit 24
Sign up at front desk
(MULTI1&2)**

**10-12 PM
INOVA Blood
Pressure Checks
(WELL)**

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART116)

**12 PM LUNCH
(Multi1&2)**

12-2 PM
Badminton
(Multi3)

**1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)**

1:30-4:30 PM
Mahjong
(Multi2)

WEDNESDAY

11/17

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Tech Time: Google Does
More Than Search
(COMP)

10-11:30 AM
Canasta & Mexican Train
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

11 AM
Tai Chi
(DAN)

**12 PM LUNCH
(Multi1&2)**

**12:30-1:30 PM
Lunch & Learn:
Immunizations & Flu
Vaccines for Seniors
(Multi1&2)**

1 PM
Sit & Fit
Video based seated exercise
(DAN)

1-2 PM
Beginner Painting Basics
You don't have to have an art
degree to have fun with
painting!
Sign up at front desk
(ART116)

1:30-4:30 PM
Poker
(ART115)

2-3:30 PM
Life-Long Learning:
Speedway to Sunshine
(Multi1)

THURSDAY

11/18

9 AM
Walking Club
(LOB)

10 AM
Conversational
Spanish
(ART116)

**10 AM
Shopping Spree:
Lotte
Sign up at front desk
\$1 Bus Fare (LOB)**

10 AM
Beginner & Intermediate
Mandarin
Sign up at front desk
(ART115)

11 AM
Chinese Folk Dance
Guided exercise w/limited
verbal instruction (DAN)

11 AM
Gardening Club
(ART115)

**12 PM
Thanksgiving Luncheon
(Multi1&2)**

**1 PM
REFIT
Fee based class
Registration Required
Combo of strength,
core, balance, boxing
& cardio (DAN)**

1-2 PM
Pickleball Instruction
(Multi3)

1:30-4:30 PM
Party Bridge
(Multi2)

FRIDAY

11/19

10 AM
Current Events
Discussion

Bring an article to share
(ART116)

10-11 AM
Beginner Chess
(CLUB)

10 AM
Creative Corner
(ART115)

10 AM
Intermediate Line
Dance
(DAN)

**12 PM LUNCH
(Multi1&2)**

**12:30 PM
Monthly Birthday
Bash
(MULTI1&2)**

1 PM
Music in Motion
Video based exercise
(DAN)

1:30-4:30 PM
O'Heck
(ART115)

2 PM
Creative Corner
(ART115)

November *Activities*

MONDAY

11/22

9-11 AM
Ping Pong
(Multi2)

10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)

10-11 AM
BINGO!
\$.50/card
(Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

10:30-11:30 AM
Yoga
(Multi3)

12 PM LUNCH
(Multi1&2)

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
Limit 30
First come, first serve
(Multi1&2)

TUESDAY

11/23

10 AM
Strength, Core & Balance
Video based exercise
(DAN)

10-11 AM
Memoir Writing
(CONF)

10-12 PM
Intro to Sewing
(ART115)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART116)

12 PM LUNCH
(Multi1&2)

12:30-1:30 PM
Lunch & Learn:
Holiday Eating Strategies
(Multi1&2)

12-2 PM
Badminton
(Multi3)

1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

1:30-4:30 PM
Mahjong
(Multi2)

WEDNESDAY

11/24

9-11 AM
Ping Pong
(Multi2)

10-11 AM
Tech Time:
Drop-in consulting
(COMP)

10-11:30 AM
Canasta & Mexican
Train (Multi1)

10-12 PM
Knitting & Crocheting
Club (ART115)

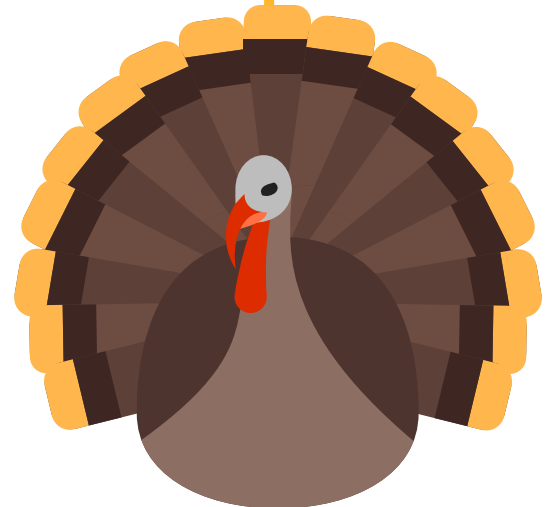
11 AM
Tai Chi
(DAN)

**The ASHBURN
SENIOR
CENTER
CLOSES AT
12 NOON
FOR The
THANKSGIVING
Day HOLIDAY**

THURSDAY

11/25

**The ASHBURN
SENIOR
CENTER is
CLOSED FOR
The
THANKSGIVING
Day
HOLIDAY
Also closed
Saturday
11/27**



FRIDAY

11/26

November *Activities*

MONDAY

11/29

9-11 AM
Ping Pong
(Multi2)

10 AM
Zumba Gold
Fee based class
Registration Required
(DAN)

10-12 PM
Knitting & Crocheting
Club (ART115)

10:30-11:30 AM
Yoga
(Multi3)

12 PM LUNCH
(Multi1&2)

12-1 PM
Intro Line Dancing
Limit 20
First come, first serve
(DAN)

12:30-1:45 PM
BINGO!
\$.50/card
(ART115)

1-2 PM
Ukulele Instruction
Sign up at front desk
(ART116)

1:30-2:45 PM
Beginner Line Dance
Limit 30
First come, first serve
(Multi1&2)

TUESDAY

11/30

10 AM
Strength, Core & Balance
Video based exercise
(DAN)

10-12 PM
Intro to Sewing
(ART115)

10:30-11:30 AM
Yoga
(Multi3)

11 AM
Tai Chi
(DAN)

11 AM
Book Club
(ART116)

12 PM LUNCH
(Multi1&2)

12-2 PM
Badminton
(Multi3)

12:30-2 PM
Paint & Sip:
Serene Barn
Sign up at front desk
\$5 Supply Fee
(ART116)

1-2 PM
Spanish Instruction
Fee based class
Registration Required
(ART116)

1:30-4:30 PM
Mahjong
(Multi2)

At A Glance

- **Tuesday, November 2nd Closed for Election Day**
- **Wednesday, November 3rd Tech Time Cancelled**
- **Thursday, October 4th Browsing Library 11:30-12:30 pm**
- **Saturday, November 6th COVID-19 Booster Shots 8:30-11:30 AM**
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- **Monday, November 8th Lunch & Learn: Whom My Soul Loveth 12:30-1:30 pm**
- **Wednesday, November 10th Veterans Day Celebration with LC-CFR Honor Guard and crews from station 24/35 11:30-1:30 pm**
- **Thursday, November 11th closed for Veterans Day**
- **Friday, November 12th Diwali 'Festival of Lights' Celebration 10-12 pm**
- **Saturday, November 13th Ashburn Classics Meeting 10:30-11:30 am**
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- **Monday, November 15th sign up with Lori Stahl, Elder Resource Manger 9-12 pm**
- **Tuesday, November 16th Feed Your Soul Cafe: Pumpkin Tarts 10-11 am**
- **Tuesday, November 16th INOVA Blood Pressure Checks 10-12 pm**
- **Wednesday, November 17th Lunch & Learn: Immunizations & Flu Vaccines for Seniors 12:30-1:30 pm**
- **Friday, November 19th Monthly Birthday Bash 12:30 pm**
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- **Tuesday, November 23rd Lunch & Learn: Holiday Eating Strategies 12:30-1:30 pm**
- **Wednesday, November 24th Center closes at 12 pm**
- **Thursday, Friday, & Saturday, November 25, 26 & 27th closed for Thanksgiving Holiday**
- **Tuesday, November 30th Paint & Sip: Serene Barn 12:30-2 pm**

YOUR *Staff*



Ceola Grant
Manager



Aristotle Porras
Assistant Manager



Michele Ferris
Recreation
Programmer



Melissa Flores
Café Supervisor



Tatiana Holmes
Customer Service



Lori Stahl
Elder Resources
Case Manager



Justin Baer
Vehicle Operator



Terri Moore
Vehicle Operator



Ashburn Senior Center
20880 Marblehead Drive
Ashburn, VA 20147
571.367.8340
Area Agency on Aging